

Child Care Health Consultation Lesson Plan

Contractor Name: Andrew County Health Department

Date Submitted: May 1, 2015

☐ **Children's Health Promotion**

Adult Training on Content Area V: Health and Safety	Health and Safety Standards	Training Levels
Select one standard and one level	<input type="checkbox"/> Promoting Risk Management Practices	<input type="checkbox"/> 1 <input checked="" type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5
	<input type="checkbox"/> Protecting Children and Youth	Source: Core Competencies for Early Childhood and Youth Development Professionals (Kansas and Missouri), 2011
	<input type="checkbox"/> Promoting Physical Health	
	<input type="checkbox"/> Promoting Mental Health	
	<input checked="" type="checkbox"/> Promoting Healthy Eating	

Title: Miracle Foods and Supplements—Separating Fact from Fiction

Training Goal: Participants will be able to read food labels and identify foods and supplements that are FDA approved versus those that are advertised as “healthy” to protect children from consuming products that could be harmful to them

Learning Objective(s): Participants will

- Recognize dietary supplements that can provide health benefits
- Recognize dietary supplements that are touted as healthy, but could actually be dangerous
- Demonstrate ability to read a food label
- Verbalize correct daily allowances of certain vitamins and nutrients and what limits should not be exceeded

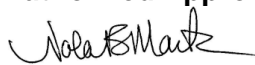
Topical Outline of Content	Training Method(s)	Time (in minutes)
Introduction of topic	Discussion	10 min
Dietary supplements—beneficial supplements, nutrients, vitamins	Discussion/Q & A	10 min
Dietary supplements—harmful supplements, what happens if daily allowances are ignored	Discussion/Q & A	10min
Reading food labels—fillers, stabilizers, preservatives, potential interactions with medications, Allergies	Discussion/Q & A	20 min
How to know, where to go for factual information	Discussion/Q & A Using free resources	10 min
Sources: www.fda.gov (FDA) www.nsf.org (National Public Health & Safety organization) www.eatright.org (Academy of Nutrition and Dietetics)		Total time: 1 hour

Method(s) of Outcome Evaluation: Discussion based Q & A, verbal responses to discussion, completion of sample plans from resource site

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Date Approved:
May 14, 2015

Authorized Approval Signature:



Date Expires:
May, 2018